

ABSTRACT

Title of diploma thesis: Specific foot changes in figure skaters and options for their physiotherapeutic intervention.

Objective: The purpose of this thesis is to research available literary sources concerning anatomy, kinesiology and biomechanics of foot and foot arch in relation to specific foot changes resulting from figure skating. In addition, the thesis seeks to research various physiotherapeutic approaches which could be applied in prevention, compensation or therapy of these changes.

Methods: This diploma thesis has descriptively-analytical character. It is structured in the form of literary research.

Results: On the basis of the researched literary sources, this thesis provides a comprehensive picture on the topic of foot in figure skaters. Based on the research, the thesis identifies foot changes resulting from deformation of the foot in the skate. Subsequently, the thesis discusses the possible physiotherapeutic approaches which can be applied in prevention, compensation or therapy of these changes.

Key words: foot, figure skating, flatfoot, physiotherapy